

# LITTLE FLOWER PARISH CONFIRMATION REFERENCE GUIDE

## Part 1: WHAT IS CONFIRMATION?

Confirmation is the sacrament of initiation that completes Baptism and gives us the Holy Spirit in the fullness of his gifts, thereby empowering us to witness to Jesus Christ and continue his mission. (To be properly prepared for Confirmation, the following questions should be **studied and memorized.**)



### 1. *What is the meaning of the word “Confirmation”?*

Confirmation means “making strong or strengthening.” The work begun by our Baptism is strengthened or completed by Confirmation.

### 2. *What is the sign of Confirmation which is linked so closely to grace?*

The sign of Confirmation is threefold:

- a) the imposition of hands
- b) the signing with the cross
- c) the anointing with holy oil

While making these signs, the Bishop says, “(Name) be sealed with the Gift of the Holy Spirit.”

### 3. *What is the oil called?*

The oil is called Holy Chrism. It is a mixture of olive oil and a perfume called balm or balsam; it is blessed by the bishop during Holy Week.

### 4. *What is the history of Anointing with oil?*

Old Testament: Used in the consecration of a king. It signified that the anointed one was “set apart, marked or sealed” for God.

New Testament: Used to anoint the body to strengthen and heal it.

The signing with chrism is an outward sign of the interior strengthening, setting apart and sealing of the Christian for God. The action of the Holy Spirit begins in a special way to work in the lives of the confirmed.

In ancient times, especially in the Eastern churches, a lamp was kept burning before the Holy Chrism at all times to signify its sacredness. Confirmation is called Chrismation, the sealing with chrism, in the Eastern churches.

### 5. *What is the symbolism of Anointing with oil?*

Oil is used for the anointing because it adheres to the skin and is not easily removed.

## CONFIRMATION SYMBOLS

### 1. **RED**: Liturgical Color

Symbolizes the flames of fire seen at the time of the descent of the Holy Spirit on the disciples in the Upper Room in Jerusalem, as described in the Book of the Acts of the Apostles.

### 2. **DOVE**

The usual symbol of the Holy Spirit is the dove descending, always with the three-rayed numbus (circle surrounding the head or body signifying holiness – from the Latin word for cloud), which indicates divinity. In a more general sense, the dove indicates the power of God at work in men and women.



### 3. **SEVEN DOVES ARRANGED AROUND A CIRCLE**

This arrangement symbolizes the seven gifts of the Holy Spirit as listed in Isaiah 11:2. Within the circle are sometimes found the two capital letters SS, abbreviations for the Sanctus Spiritus, Latin for the Holy Spirit.

### 4. **TONGUES OF FIRE**

Symbol of the Holy Spirit at Pentecost (Acts 2:3), may be found in the form of separate flames of the head of each disciple or an overall arrangement of the seven tongues together. God appeared to Moses in the burning bush (Exodus 3:2) and again in fire and smoke on Mt. Sinai (Exodus 19:18).



### 5. **WIND**

This is an ancient symbol of the presence and power of God in the Old Testament.



### 6. **WORDS**

Paraclete: English form of the Greek title Parakletos (or Counselor), referring to the Holy Spirit.

Counselor/Advocate (Comforter): “Counselor” is the term used for the Holy Spirit by Jesus in the Gospel of John (John 14:16, 16:17) meaning one called to stand by one’s side in adversity.

**P:** “Peace be with you.”      **R:** “And with your spirit.”

**P:** “Be sealed with the gift of the Holy Spirit.”      **R:** “Amen.”

## THE HOLY SPIRIT

The Holy Spirit is God, the Third Person of the Blessed Trinity, who dwells in us through sanctifying grace.

### 1. *What are the gifts of the Holy Spirit? Isaiah 11:2-4*

The gifts of the Holy Spirit are powers given to us at Baptism and strengthened at Confirmation. They help us persevere in our friendship with God and guide us in our decisions and conduct so that we become more like Jesus. The seven gifts of the Holy Spirit are:

<b><i>Wisdom</i></b>	The gift of the Spirit that enables us to love the things of God and to see things from his point of view.
<b><i>Understanding</i></b>	The gift of the Spirit that enables us to have insights into our faith, to see the meaning of what God has told us about Himself and his creation.
<b><i>Counsel/ Right Judgment</i></b>	The gift of the Spirit that leads us to seek advice about living a Christian life and enabling us to give such advice.
<b><i>Knowledge</i></b>	The gift of the Spirit that enables us to know the value of things through our past experiences.
<b><i>Fortitude/Courage</i></b>	The gift of the Spirit that gives us strength to do difficult deeds for the love of Christ.
<b><i>Piety/Reverence</i></b>	The gift of the Spirit that enables us to love and worship God and respect his people and all that he has created.
<b><i>Fear of the Lord/Wonder &amp; Awe</i></b>	The gift of the Spirit that enables us to recognize the majesty of God and marvel at his love for us.

## 2. *What are the fruits of the Holy Spirit?*

The fruits of the Holy Spirit show the effects of God's presence in us. In Paul's letter to the Galatians 5: 22-23 he lists these fruits of the Spirit:

<b>Love</b>	selfless service to others in word and action
<b>Joy</b>	deep and constant gladness in the Lord
<b>Peace</b>	serenity and not overly anxious or upset
<b>Patience</b>	willingness to endure life's sufferings, difficulties, and routine
<b>Generosity</b>	willingness to give to others even at a cost to yourself
<b>Kindness</b>	generous acts of service performed with compassion
<b>Faithfulness</b>	keeping your promises; being dependable and trustworthy
<b>Gentleness</b>	loving attitude that leads one to be peaceful and gracious; refrain anger
<b>Self-Control</b>	disciplining your physical and emotional desires by being modest and respectful of others

*In the Catholic tradition, the Church has added:*

**Goodness** – loving others without exception and doing good for them

**Modesty** -helping to guard our own bodies and the bodies of others as temples of the Holy Spirit

**Chastity** – safeguarding the use of one's sexual powers in accord with our state of life

## Part 2: BASIC TEACHINGS of the Catholic Faith

### 1. *THREE THINGS NECESSARY for a SACRAMENT*

- a) An outward sign (b) of an inward grace (c) instituted by Christ

### 2. *MATTER AND FORM OF THE SACRAMENTS*

<i>I n i t i a t i o n</i>	<p>a) <b>BAPTISM</b> Matter is water poured over the person’s head. The form is: “I baptize you in the name of the Father and of the Son and of the Holy Spirit.”</p> <p>b) <b>CONFIRMATION</b> The matter is anointing with Holy Chrism on the forehead, which is done by the laying on of the hands, and the form is: “Be sealed with the Gift of the Holy Spirit.”</p> <p>c) <b>EUCCHARIST</b> – from the Greek word “thanksgiving” The matter is wheaten bread and grape wine. The form is: “This is My Body; this is My Blood.”</p>
<i>H e a l i n g</i>	<p>d) <b>RECONCILIATION/PENANCE</b> The matter is the confession of sin and the request for pardon. The form is: “I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.”</p> <p>e) <b>ANOINTING OF THE SICK</b> The matter is the anointing of the forehead and hands with The Oil of the Sick. The form is the prayer pronounced for the pardon of sins.</p>
<i>V o c a t i o n</i>	<p>f) <b>HOLY ORDERS</b> The matter is the imposition of the hands of the Bishop. The form is the ordination prayer which invokes the Holy Spirit.</p> <p>g) <b>MATRIMONY</b> The matter is when the two people enact their marriage vows in an expression of love. The form is the exchange of vows.</p>

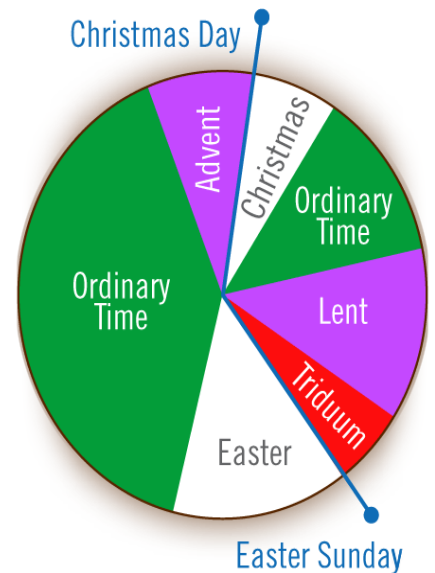


### 3. **THE BEATITUDES**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are those who mourn, for they shall be comforted.
- Blessed are the meek, for they shall inherit the earth.
- Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure in heart, for they shall see God.
- Blessed are the peacemakers, for they shall be called the sons of God.
- Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven. (CCC 1716)

### 4. **HOLY DAYS OF OBLIGATION IN THE UNITED STATES**

<b>Solemnity of Mary, Mother of God</b> We honor Mary, Mother of God	<b>January 1</b>
<b>Ascension</b> Jesus ascended into Heaven	<b>Fortieth day after Easter or Seventh Sunday of Easter</b>
<b>Assumption</b> Mary was taken into heaven, body and soul	<b>August 15</b>
<b>All Saints' Day</b> We honor all the saints in heaven	<b>November 1</b>
<b>Immaculate Conception</b> Mary was free from sin from the first moment of her life.	<b>December 8</b>
<b>Christmas</b> We celebrate the birth of Jesus.	<b>December 25</b>



### 5. **THE TEN COMMANDMENTS OF GOD**

- I am the Lord your God. You shall not have other gods besides me.
- You shall not take the name of the Lord, your God, in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet anything that belongs to your neighbor.

6. **CORPORAL WORKS OF MERCY**

**SPIRITUAL WORKS OF MERCY**

<ul style="list-style-type: none"> <li>● Feed the hungry</li> <li>● Give drink to the thirsty</li> <li>● Clothe the naked</li> <li>● Visit the sick</li> <li>● Shelter the homeless</li> <li>● Visit the imprisoned</li> <li>● Bury the dead</li> </ul>	<ul style="list-style-type: none"> <li>● Admonish the sinner</li> <li>● Instruct the ignorant</li> <li>● Counsel the doubtful</li> <li>● Comfort the sorrowing</li> <li>● Bear wrongs patiently</li> <li>● Forgive all injuries</li> <li>● Pray for the living and the dead</li> </ul>
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7. **VIRTUE**

[from *virtus* - courage, excellence] an habitual and firm disposition to do the good. (CCC1803); a good habit that makes it possible to act in a way that is pleasing to God.

**THEOLOGICAL VIRTUES**

**CARDINAL VIRTUES**

<i>help us relate to God from theos - God</i>	<i>help us relate to other people from cardo - hinge</i>
<p style="text-align: center;"><b>Faith</b></p> <p>the virtue by which we believe in God and in everything He has said and revealed to us (CCC1814)</p>	<p style="text-align: center;"><b>Prudence</b></p> <p>the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it. (CCC1806)</p>
<p style="text-align: center;"><b>Hope</b></p> <p>the virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ’s promises and not relying on our own strength, but on the help of the grace of the Holy Spirit. (CCC1817)</p>	<p style="text-align: center;"><b>Justice</b></p> <p>the moral virtue that consists in the constant and firm will to give their due to God and neighbor. (CCC1807)</p>
<p style="text-align: center;"><b>Charity</b></p> <p>the virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. (CCC1822)</p>	<p style="text-align: center;"><b>Temperance</b></p> <p>the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. (CCC1809)</p>
	<p style="text-align: center;"><b>Fortitude</b></p> <p>the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. (CCC1808)</p>

## 8. THE MASS

### *Liturgy of the Word*

Penitential Rite  
1st Reading - from the Old Testament  
Responsorial Psalm  
2nd Reading - from the New Testament  
Gospel  
Creed  
Prayers of the Faithful

### *Liturgy of the Eucharist*

Offertory  
Consecration  
Doxology  
Communion  
Dismissal

In the Mass, we celebrate the mystery of Jesus' sacrifice of love on Calvary and the sacred meal, the Last Supper, in which we receive his Body and Blood. **The Mass is the central act of worship of our faith.**

### *The Mass is offered for:*

A – adoration  
C – contrition  
T – thanksgiving  
S – supplication

### *How can I witness to my faith?*

- I can do this by knowing what Christ taught and following the commandments of God and the example of Jesus, and the teachings of the Church.

### *Where are the main truths of the Catholic faith found?*

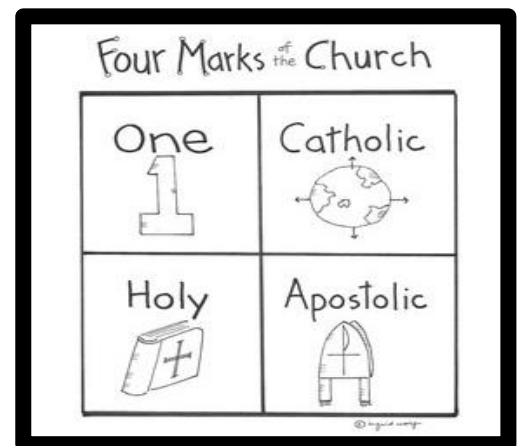
- They can be found in the Apostles' Creed and in the Profession of Faith/ Nicene Creed.

### *What are the Chief Mysteries of Our Faith?*

- Unity and Trinity of God,
- Incarnation of our Lord, and
- The Death and Resurrection of Jesus our Savior

## 9. MARKS OF THE CHURCH

- a) The Church is **one** in that she professes one Faith. All Catholics adhere to the same teachings regarding the creed, sacraments, and morals. We are united under one head, the Pope. (We are also one in that we recognize the authority of the Pope as the Pastor of the universal Church.)
- b) The Church is **holy** because her Founder, Jesus Christ is holy. The Church is also holy because the aim of her teachings and sacraments is the holiness of its members.



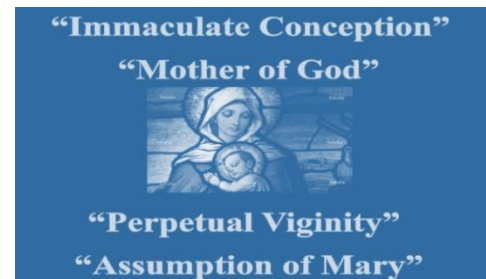


- c) The Church is **catholic** (universal) because the Church includes all ages, races, nationalities, and every time period.
- d) The Church is **apostolic** because her teachings and governance can be traced back to the apostles in an unbroken line of succession.

a) One	b) Holy	c) Catholic	d) Apostolic
One in Faith and united under one head, the Pope	The Founder, Jesus Christ is holy. The aim of her teachings and sacraments is the holiness of her members.	The Church includes all ages, races, nationalities, and every time period	Her teachings are based on the teachings of the apostles. Bishops are the successors to the apostles in an unbroken line of succession.

**10. FOUR MARIAN DOGMAS**

- Immaculate Conception (conceived without original sin) (CCC508)
- Assumption (taken to heaven body and soul) (CCC966)
- Perpetual Virginity (CCC496-507)
- Mother of God (CCC495;963)



**11. SPECIAL LAWS (PRECEPTS OF THE CHURCH) - Duties of a confirmed Catholic**

The Precepts of the Church describe the minimum effort we must make in prayer and in living the moral life. All Catholics are called to go beyond the minimum in growing in love of God and love of neighbor.

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Lead a sacramental life by receiving the Eucharist frequently and the Sacrament of Reconciliation regularly.
3. Do penance and observe the days of fast and abstinence during Lent.

<b>DAYS OF FAST</b> <i>(for adults 18-59 years old)</i> <b>one full meal not equaling two smaller ones; no eating in between meals</b>	<b>DAYS OF ABSTINENCE</b> <i>(for all of those over 14)</i> <b>no meat at any meal</b>
Ash Wednesday	Ash Wednesday
Good Friday	All Fridays in Lent

4. Study Catholic teaching in preparation for receiving the Sacrament of Confirmation and to be confirmed.
5. Provide for the needs of the Church with your time, talent, and treasure.
6. Observe the marriage laws of the Church and give religious training to your children through word and example. Use parish schools and catechetical programs to assist you in this responsibility.
7. Join in the missionary spirit and apostolate of the Church.